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Royal Baking Powder helps the housewife to produce at home, quickly and economically, fine and tasty cake, hot biscuit, puddings, the frosted layer cake, crisp cookies, crullers, crusts and muffins, fresh, clean, tasty and wholesome, with which the ready-made food found at the shop or grocery does not compare. Royal is the greatest of bake-day helps.

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FOOD PLANTS OF HAWAII TOLD IN TIMELY ARTICLE

A recent issue of the Scientific Monthly contains a paper upon the Food Plants of the Ancient Hawaiians, by Vaughan MacCaughy of the College of Hawaii. The following native crops are considered: Taro, giant taro, sweet potato, arrow-root, yam, native bananas, breadfruit, lauhala, coconut palm, sugar cane, ti or ki plant, awa, mountain apple, ohelo and limu. In his preface Professor MacCaughy states that "a survey of the dietary of any people affords an interesting commentary on their natural environment, on their racial peculiarities and on the relative complexity of their civilization."

A consideration of ancient Hawaiian life clearly outlines two features of their diet that are equally characteristic of many Polynesian peoples. First, the limited supply of meat, and second, the culture of a considerable variety of food plants. The larger meat-producing animals were unknown to the Hawaiian until the coming of the white man. Swine, dogs and fowl comprised his domesticated animals. There were no wild animals; the chiefs hunted mice with bow and arrow for sport, not for meat. In certain localities and at certain seasons fish and other marine animals were obtainable in large quantities, but even these did not constitute any very considerable proportion of the diet of the people as a whole. The mass of the Hawaiians were enforced vegetarians.

The more important food plants were brought by the Hawaiians in migrations from the South Pacific. The few indigenous fruits were utilized to a limited extent. The majority of the crop plants were raised in plantations near the villages; some, like the awa and apil, were grown in clearings in the forest, and were visited only occasionally.

The old-time Hawaiian knew his plants with microscopic detail, and in his accurate varietal designations he recognized the most trivial differences. He was a good farmer, and under his own civilization in times of peace there were few famines and little hunger.

GOOD MUSIC AT FRENCH BENEFIT

Miss Bernice Holmes, the well known operatic singer, will sing two of her most successful offerings at the entertainment given for the French Red Cross League at the Bijou theater Friday night.

Another act which was added yesterday, was Miss Olive Day, who will be heard in a recitation. This will be Miss Day's first appearance in public before a Honolulu audience. She is well known in Honolulu, and many of her friends will be glad of the opportunity of hearing this young local performer.

Miss Peggy Center, who so kindly offered her services, will be unable to sing at the entertainment. She contracted a severe cold recently and is now under her physician's care.

The advance sale of tickets is reported as tremendous by Reynolds Denniston, director of the performance. The prices of admission range from fifty cents to two dollars. Tickets are on sale at the Bijou theater, Cunha Music Company, Honolulu Music Company, Bergstrom Music Company and the Territorial Messenger Service.

KAILUA TROUBLE MAY BE SETTLED

After years of wrangling between the city and county and the Kaneohe Ranch Company over the right of way across its land to the beach at Kailua, an agreement has been reached between the attorney's department and the ranch company which if approved by the board of supervisors and territorial land commission may settle the affair.

A. M. Cristy, deputy city attorney, has written a letter to the board of supervisors which will be presented tonight setting forth the main points to be considered. The letter will probably be referred to the road committee for a report.

There are several rights of way to be considered, according to Cristy, and also the acquiring by the city and county of a title to a rock quarry.

DANCING AT THE SEASIDE HOTEL

Dancing at the Seaside Hotel Wednesday evening from 9 to 11:30.—Adv.

"Practical Progress in the Bible School Program" was the topic of an address delivered by Prof. Vaughan MacCaughy at a meeting of Bible school workers of Central Union church on Monday. Prof. MacCaughy is chairman of the religious education committee of the church.

NOTE: Eyes, Granulated Eyelids, Eyes inflamed by exposure to Sun, Dust, and Wind quickly relieved by Murine Eye Remedy. No stinging, just Eye Comfort. At your Druggists or by mail, 50¢ per Bottle. For Book of the Eye Free, ask Murine Eye Remedy Co., Chicago.

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Best for Colds, Bad Breath, Sour Stomach; Children Love Them

Get a 10-cent box now. Be cheerful! Clean up inside to night and feel fine. Take Cascarets to live your liver and clean the bowels and stop headaches, a bad cold, biliousness, offensive breath, coated tongue, salivaceous, sour stomach and gases. Tonight take Cascarets and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up feeling grand—Everybody's doing it. Cascarets best laxative for children also.—Adv.

FRIENDS INVITED

Mr. and Mrs. Benjamin Keolaka-lani Pitman will be at home to their Hawaiian friends on Wednesday afternoon, February 14, from four until six o'clock, at Miss Bertha Young's Villa, near Seaside Hotel, Waikiki.

E hookipa ana o Mr. and Mrs. Benjamin Keolaka-lani Pitman i ko laua mau hoaloha Hawaii o ka aina, ma ka auwina la Poakolu, Peleluai 14, mai ka hola eha a hiki i ka hola ono, ma ko laua wahi e noho nei, Miss Bertha Young's Villa, e pili ala ma ka aoao Ewa o ka Seaside Hotel, Helumoa, Waikiki.—Adv.

SOLDIERS LEFT ABOARD AHLERS

Bringing back from Hilo and Lahaina the biggest list of cabin passengers she has carried in years, 185, the inter-island steamer Mauna Kea, Capt. Freeman, arrived at 8:20 this morning.

Among the Honoluluans and Hawaii and Maui residents arriving on the Hilo packet were John T. Moir, manager of Onomea Sugar Company; Sam De Freest, the customs broker of this city; Acting Postmaster and Mrs. William C. Petersen, L. W. de Vis-Norton, who personally conducted the Volcano excursion this trip; A. C. Wheeler of the public works department; E. L. Schwarzberg of Jas. F. Morgan Company, Mr. and Mrs. Alonzo Gartley, Bishop Restarick (from Lahaina), J. J. Belser, E. M. Ehrhorn of the board of agriculture and forestry and many others.

Soldiers Guard Ahlers Seventy-four soldiers of Company B, 25th Infantry, returned from the Kilauea military training camp. Sixteen remained to guard the refugee German merchant steamer O. J. D. Ahlers at Hilo. The infantrymen returning today were commanded by Capt. A. J. McNab. Capt. Leopold Mitchell, Medical Corps, accompanied the company and returned with the soldiers this morning.

Purser M. W. Mitchell reported a fine inward trip. He said the officers



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Mott's Sweet Cider, a pure, delicious, carbonated drink, pints; per bottle..... 25c
Curtice Bros' Sap Maple Syrup, for your hot cakes; per quart bottle..... 55c
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and crew of the Ahlers have the utmost liberty, going ashore and returning at will. The soldiers are on guard to prevent any further destruction or attempted scuttling of the steamer.

HONOLULU'S AQUARIUM HELD UP AS EXAMPLE BY CALIFORNIA PAPER

Newspaper advices from San Pedro, Cal., tell of an effort being made there

to establish an aquarium. One of the arguments put forth is what the aquarium in Honolulu means to visitors and appreciation of it is expressed by the San Pedro News in these words:

Since the creation of the collection at Honolulu about 10 years ago it has been studied by many visitors and has been pronounced of the very highest rank. The tropical fishes there are most attractive in their high coloring and they cause the greatest interest

in all the visitors, which means practically all the tourists who go to the islands.

George Reid died Monday at the Queen's Hospital at the age of 49. He had been a bartender in Honolulu for several years and was suffering from cancer, which an operation failed to cure. The funeral will be held under the auspices of the Eagles and the Spanish War Veterans. He was a member of both.

TO THE PUBLIC

This is no ordinary advertising remark. It is the plain truth. The sale of tickets of the Box Plan at the Bijou Theater for this remarkable concert was so big yesterday that it is suggested that intending patrons lose no time in securing their seats.

BIJOU THEATER

Generously loaned for the occasion by the Consolidated Amusement Company to assist

The French Red Cross League

Promoted by Pierre Baron and presented under the patronage of the British Club

"DONNER AUX PAUVRES BLESSES C'EST PRETER A DIEU"
This Literally Reads

"THOSE WHO GIVE TO THE POOR WOUNDED ARE DRAWING A CHEQUE ON GOD."

Friday, February 16 An Evening's Entertainment OF MUSIC, MIRTH AND MELODY

Note:—Special attention is drawn to the fact that this is the first appeal made by the French people to the sympathies of the Honolulu public—The British and Belgians have had their day—The French fighters in the trenches want their day, too. They are entitled to it. This, you Big Generous Public, is your opportunity — GIVE YOUR ASSISTANCE—Give it gladly—give it willingly.

Tickets obtainable at Honolulu Music Co., Bergstrom Music Co., Cunha Music Co. and the Territorial Messenger Service.

REYNOLDS DENNISTON, ORGANIZER AND MANAGER.

Telephone 2873.

Prices 50c, 75c, \$1, \$2

REPEATED BY REQUEST

Umi-a-Liloa

by the

Royal Dramatic Club of Hawaii

February 15th

Hawaiian Opera House

Tickets, 50c, 75c, \$1.00. Territorial Messenger Service.

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Will be closed Saturday, February 17th

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